

# Art Activity Suggestions 10

Here are some ideas for creative activities to do together...

Give yourselves some time and freedom to explore using the art materials; remember there is no right or wrong way to create...you don't have to be 'good' at art, just enjoy using the materials.

When talking to your child about their creations, use open questions; you can simply ask them to tell you about what they have done.

## Mirror Painting

You will need paper and paint for this activity. First of all, fold your paper in half. Put blobs or lines of paint on one half of the paper, then fold it over. Press down on the paper to spread the paint. Now, open your paper up to see what your creation looks like. Notice how the marks are the same on both sides of your paper now. Does it remind you of anything? Maybe it looks like a butterfly, a flower or an alien...you can decide!

## Bubble Painting

For this activity you will need a plastic pot, a little washing up liquid, paint, paper and a drinking straw. Put a little paint, water and washing up liquid into your plastic container. Now blow into it using the drinking straw. It is really important to blow, not suck the paint up! The paint mixture will start to bubble up to the top of your pot. Lay your piece of paper across the top of the bubbles. Take your paper off and have a look...the bubbles will have left prints.

## Flower pot

You can use paints for this activity, or you might want to use collage materials. Draw or paint a flower pot at the bottom of your piece of paper. If you are using paint, dip your brush or fingers into the paint and put the blobs of colour above the pot to create flowers. You could draw or paint green stems onto the flowers you have created. If you are using collage materials, you can stick different colours or patterns above the pot drawing to make the flowers. There might be lots of different flowers, or you might choose to make them all the same. It is up to you!

The most important thing is to enjoy creating together!

Stay safe,

Carol

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Psychotherapist